


What Do You Say?

Philippians 2:3 – 5

³ Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. ⁴ Don't look out only for your own interests, but take an interest in others, too. ⁵ You must have the same attitude that Christ Jesus had.



**What does a "thank you"
produce in others?**

Acknowledgment

What does a "thank you" produce in others?

Acknowledgment

Appreciation

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Adds value


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Well-being




People will remember very little of what you said but they will remember 100% of how you made them feel.




In this extensive study, Sara Algoe of the University of North Carolina at Chapel Hill and her colleagues ran multiple experiments to investigate how “witnessing gratitude” affects people’s feelings toward the grateful person and the benefactor (the person who is being thanked).




A new study suggests that expressing gratitude not only improves one-on-one relationships, but could bring entire groups together—inspiring a desire to help and connect in people who simply witness an act of gratitude.



“When people witness an expression of gratitude, they see that the grateful person is the kind of person who notices when other people do kind things and actually takes the time to acknowledge them—meaning, they’re a good social partner,” says Algoe.




Based on other survey questions, Algoe and her team also discovered that participants wanted to help and affiliate with the person *receiving* the gratitude. That's because receiving gratitude marks you as a person who is effective at being supportive or helpful, says Algoe.



Gratitude appears to have a domino effect. If a person experiences gratitude, they are more likely to recognize the help and then later reciprocate that help. People who are thanked are presumably more apt to extend help to others in the future.

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.



Gratitude triggers the "happy" hormones in the brain and fills us with feel-good vibes. Gratitude releases neurotransmitters, regulates cortisol, activates brain regions, and strengthens neural pathways. This contributes to feelings of happiness, pleasure, of well-being. It helps reduce stress and anxiety. The more you practice gratitude, the easier it becomes to activate the gratitude circuits in your brain.



The results:

Improves sleep



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Enhances romantic relationships



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Protects from illness



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Improves sleep

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Motivates to exercise

Boosts happiness.



The Four A's of Gratitude

Awareness

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Awareness

Appreciation

The Four A's of Gratitude

Awareness

Appreciation

Acceptance

The Four A's of Gratitude

Awareness

Appreciation

Acceptance


Action

1 Timothy 6:6-7

⁶ Yet true godliness with contentment is itself great wealth. ⁷ After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it.

Philippians 4:4-7

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about "anything," but in "every" situation, by prayer and petition, with thanksgiving, present your requests to God.




⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 Thessalonians 5:16-24

¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus.

¹⁹ Do not quench the Spirit. ²⁰ Do not treat prophecies with contempt ²¹ but test them all; hold on to what is good, ²² reject every kind of evil.

²³ May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ The one who calls you is faithful, and he will do it.



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